

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday:
Television, Video Games and Computer for Fun (Diary Sample)**

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean ¹	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent ²
Total	74	85
Gender		
Males	79 **	83
Females	68	87
Ethnicity		
White	70	86
African American	83	79
Latino	76	84
Asian/Other	76	88
Income		
≤\$19,999	86 ^b **	77
\$20,000 - \$49,999	78 ^{ab}	85
≥\$50,000	67 ^a	86
Federal Poverty Level		
≤ 185%	83 **	81 *
> 185%	69	87
Food Stamps		
Yes	88 *	77
No	72	85
Overweight Status		
Not at Risk	72	86
At Risk/Overweight	80	82
Physical Activity		
≥60 minutes	70	87
<60 minutes	77	83
School Breakfast		
Yes	85 *	80
No	71	86
School Lunch		
Yes	76	84
No	70	86
Nutrition Lesson		
Yes	71	86
No	77	83
Exercise Lesson		
Yes	73	86
No	76	83

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01